

THE THIN LINE BETWEEN 'FAT' AND 'CURVY' PLUS-SIZE CELEBRITIES ARE BOTH

ADORED AND CRITICIZED PAGE 13



Tuesday, March 6, 2012





New chief candid about cops on camera

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City. Ottawa's new top cop talks about video cameras and trust issues his first day as chief



SMITH

Ottawa's new police chief says his officers need to maintain the "fragile" trust between the public and the force as they protect the cap-

order for police to keep the city safe, they must trusted and respected. Charles Bordeleau told Metro

after he was sworn in Monday.
But when it comes to trust

in Ottawa police, he said he's seen two extremes.

One was the tremendous support for police when Const. Eric Czapnik was killed in Dec. 2009 and then, about year later, the loss of trust over the treatment of Stacey Bonds when video of her detention at the Eglin cellblock was released.

"That demonstrates how fragile that trust is," he said. "We have to ensure that trust is maintained and continues

Building trust comes from every interaction officers have with the public — from traffic stops to record checks, he said.

In a world where cellphone cameras are everywhere, it also means keeping police up to date with new technology and Bordeleau said he would consider using the "proven

technology" of in-car cameras.
"Where I want to be is to have a police service where the officers welcome being on camera," he said, adding that he has trust and confidence in his officers. "We have nothing to hide, we're a transparent police service."

At a cost of about \$6,000 per car camera, expense is a concern. Bordeleau and the force have committed to keeping with the direction of City Hall to limit their budget increases to 2.5 per cent through



Hot food sizzling at Somali cafe

Lunch Rush PAGE 14

The power of wearing red

New study says women in red more attractive to men PAGE 15

Canada closes Svrian embassv

Increases sanctions PAGE 6

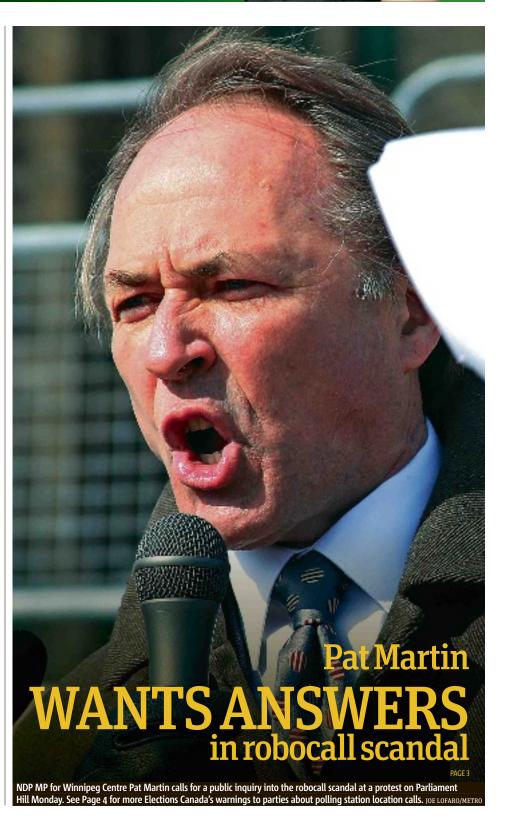
Right time for a loan?

Borrowing basics PAGE 18

Yzmerman leads charge into Russia

The man behind Canada's 2010 Olympic gold medal will lead the hockey squad again in 2014 PAGE 20





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EVERYBODY'S WORKING FOR THE WEEKEND



Last week, my friend Amy quit her job. There's nothing particularly interesting about this other than the fact that she gave her notice without any sort of plan for what comes next.

It's pretty bold to give up a stable working environment before you figure out your next step. Simultaneously liberating and terrifying, leaving a bad job is great, but giving up a regular paycheque certainly isn't. Part of me is jealous of Amy's optimism toward her uncertain future; the other part of me needs to pay my rent next month and likes owning a fancy cellphone.

Up until this point, everything has been carefully mapped out for us: go to school, get a job, make money, feel satisfied with your grown-up life, etc. But what happens when you realize that perhaps this isn't exactly where you want to be? Is it too late to hit the reset button on your career?

The short answer is: absolutely not.

For our parents and grandparents, a long-term career

Bve-bve 9-to-5

I'm writing this column on a Sunday afternoon in a crowded coffee shop with more laptops than lattes, and everyone is working on some sort of part-time project. We're all pursuing multiple ambitions and getting by as something/ someone else ... rents, a long-term career with the same company was the holy grail of the working world. But in today's increasingly grim economy, a non-traditional workforce is evolving. We're now expected to embrace instability and jump from job to job with ease. And all of the perks that come with full-time employment — job security, health benefits, retirement plans — just seem like outdated luxuries.

Almost everyone I know is doing something other than working full-time at a stable job. I currently operate three separate work-related email addresses and, on a good

week, have up to five different bosses. We're all enrolled in continuing education, freelancing on the side, working on contract and generally not expecting to be in the same job five years down the road.

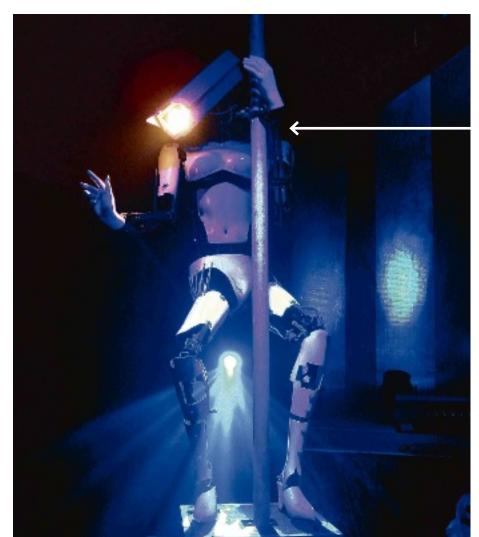
I'm writing this column on a Sunday afternoon in a crowded coffee shop with more laptops than lattes, and everyone is working on some sort of part-time project. We're all pursuing multiple ambitions and getting by as something/someone else: graphic designer/server, retail manager/blogger, teacher/photographer and so on.

I have one friend who works in banking and is getting her MBA part-time. She recently announced, without even a hint of irony, that she has started babysitting on the side in order to make some extra money. Apparently in a competitive job market you can't be above stealing employment opportunities from 13-year-olds.

So maybe it isn't so crazy to quit your job without a backup plan. As dreams of lifetime employment are replaced with an "until something better comes along" mentality, flexible has become the new full-time.



This robot doesn't make calls





They are made from...

"My robots are low-tech, built from scrapyard parts. The motors in them are mainly windscreen-wiper motors."

Giles Walker sculptor

Push your buttons

Robogirls grind at high-tech expo

GERMANY. At least for some, all things technological get all the attention.

A "pole-dancing" robot is pictured during preparations at the CeBIT, the world's largest computer expo. The biggest tech expo takes place at the largest exhibition ground in the world, the Hanover fairground.

METRO WORLD NEWS

Debut

These works of art are not for sale

u.k. For those interested, these alluring robots of the female persuasion are not up for sale at the expo. They are works of art by 44-year-old British sculptor Giles Walker, which were first featured at a 2006 exhibit — Peepshow — by U.K.-based alternative art and cultural movement Mutate Britain.



Walker says...

Voyeurism in our society

"It links the ideas of surveillance and voyeurism. We all live in a peep show with these mechanical peeping Toms on every street."

Staring at real buttocks...

"I looked at the real thing and adjusted the motor to get the movement right."



@ChrisInOtt:
Dude, Where's My Polling
Station? #robocallmovies

@RachelDecoste:What's Eating Pierre Poutine?
#robocallmovies #cdnpoli

@rustymkii:Bon Vote, Bad Vote #robocallmovies

@EAC_64:

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@vivalavinyl:Eternal Talking Points of A Spotless Mind #RobocallMovies



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9%
YES. IT'S IMPORTANT TO KEEP US INFORMED

91%
NO. IT'S A WASTE OF MY MONEY

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DVD reviews

The Skin I Live In

Director. Pedro Almodovar

Stars. Antonio Banderas. Elena Anaya, Jan Cornet

In The Skin I Live In, Madrid master Pedro Almodovar turns more Ed Wood than Hollywood. There's weird science and kinkier sex.

Antonio Banderas is chilly plastic surgeon Dr. Robert Ledgard who has a laboratory inside his gated mansion where he seeks to invent artificial human skin by radical methods. His home also houses a beautiful, suicidal patient named Vera (Cairo Time's Elena Anaya). This more freaky than frightful, a "B" picture by an "A" director.

Footloose

Director. Craig Brewer

Stars. Kenny Wormald, Julianne Hough, Dennis Quaid

The 2011 remake of 1984's Footloose is virtually a beatfor-beat copy of its Reagan-era forebear. Director Craig Brewer sticks to the vanilla basics. The rebooted Footloose isn't as bad as feared. but neither is it the least bit necessary. PETER HOWELL





John Carter's West 'trumps' his fans

Sci-Fi. John Carter star Dominic West talks about his Star Wars and the line that sparked a following



NFD EHRBAR

British actor Dominic West has become quite the familiar face thanks to his critically acclaimed run as Detective Jimmy McNulty on HBO's The Wire. And while the deserts of Mars are a long way from the streets of Baltimore, Md., John Carter is hardly his first foray into the science-fiction genre.

"I was in Star Wars, I don't

know if you knew that," he says with a coy grin. "I've got a ridiculous hat on. I played two parts in the Phantom Menace. The first one — I think I had two lines, which were cut — was a Naboo of-ficer, and then the next one was Palace Guard, who remained. I say, 'The boy is here to see you, your highness.'"

And while the 3D re-release of the Phantom Menace last month has many learning in retrospect about his involvement in the blockbuster franchise, West reveals that he's gotten more fan attention for that one line than for five seasons of The Wire, believe it or not. And they don't just send fan mail: West often receives copies of his Star Wars Top Trumps card — a children's card game — to be autographed. But fans looking for



such a favour should proceed with caution. "Whenever they send me my Top Trump card, I never send it back. I keep that and send them a photograph," he says. "They should know better than to contact a palace guard and say things like, 'We loved your work in Star Wars and thought you were amazing, what you were doing.' You go, 'Shut up, give me that Top Trumps card.

John Carter

What's in a name?

Titles can be a tricky thing, especially when you're producing and releasing a \$200 million-plus potential franchise starter. Somewhere in its journey to the screen, John Carter of Mars became John Carter and it's not necessarily something the film's producers are thrilled about. "I think John Carter is a very, frankly, vanilla name, admits producer Lindsay Collins. "Apparently there was some study done of movies that had Mars in the title — every single one of them have tanked.



SCENE



Scene in brief

Airport Kitsch

Philippine official says Friday Night Lights star Taylor Kitsch was not hassled at Manila's ay that no airport reco

On the Web



OF THE 10-GAME SEASON-SEAT PACKAGE FOR THE SENS® 2012-13 SEASON:

ILLIAM LARMOUR





metr⊕ metronews.ca Tuesday, March 6, 2012

Demi gets a visit from ex-hubby, but don't expect a réconciliation

There's at least one person who knows the location of Demi Moore's secret post-rehab vacation: her estranged husband, Ashton Kutcher.

The Two and a Half Men star paid a visit to the recovering actress recently, according to People magazine — not that he was exactly enthused about it.

"They are not getting back together. He knew it was important to her daughters," a source says of the visit.

As for where it took place, sources tell E! News that they spotted Moore on a private beach near Parrot Cay in Turks and Caicos, at an ultra-exclusive resort only accessible by boat.





HACKERS ELEB PICS AGAIN

Metro has your celebrity gossip covered **METRO STAFF**

Hacking scandal ... again

More naked celeb photos: Real or fake?



THE WORD

Another day, another phone hacking scandal involving half-dressed celebrities.

This time, Christina Hendricks and Olivia Munn are victims after an anonymous user on Motherless. com asked the site's forum readers which celebrity they would like to see naked.

When they answered Munn and Hendricks, the

Snooki is pregnant — and apparently engaged. The Jersey Shore star has yet to confirm either report, but insiders tell E! News and People magazine that her boyfriend, Jionni LaValle, popped the question. And there you have it: Snooki is finally being made an honest woman.

user, apparently through hacking magic, got onto Munn's and Hendricks' phones, grabbed some scandalous photos and posted them. And now they are all over the Internet.

Munn's leaked pictures have extremely dirty writing superimposed over hardcore photos of the actress. Hendricks' pics are mostly of the Mad Men star in half-dress, while one is a full-on shot of her world-famous rack.

A rep for Hendricks confirms the theft, telling Gossip Cop, "Christina's phone was in fact hacked and photos were stolen," noting, "the topless image is fake and not an image of Christina."

Munn is denying every-thing — she tweeted that the photos aren't hers. (As she should; if real, her pictures are some Hustler-level stuff.)

I know. Your first thought is: why would celebrities take naked photos of themselves when they know they

are most likely to be hacked? But, honestly, if you were that hot with enough of an ego to be an actor, you'd probably take naked photos of yourself, too.

ROMINA MCGUINNESS WROTE TODAY'S EDITION OF THE WORD.

Birthday boy Bieber only had eyes for Gomez at star-studded bash



Justin Bieber celebrated his 18th birthday with a star-studded surprise bash thrown by his manager and his mom at the Beverly Wilshire hotel in L.A., according to Us Weekly. "Everyone danced all

night," a source says of the soirée. Despite notable guests like Mike Tyson and Kim Kardashian, the birthday boy only had eyes for girľfriend Selena Gomez.

The actress flew in from Florida, where she's filming a movie.

"He was all over Selena the whole time, walking her around by the hand," a source says. "He kept kiss-ing her."

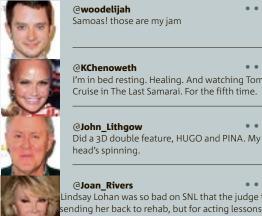
As for presents, his manager, Scooter Braun, bought Bieber a \$102,000 one-of-akind Fisker Karma hybrid



I'm in bed resting. Healing. And watching Tom Cruise in The Last Samarai. For the fifth time.

head's spinning.

indsay Lohan was so bad on SNL that the judge is ending her back to rehab, but for acting lessons.









MAYA RUDOLPH when it opens in theatres!

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metronews.ca Tuesday, March 6, 2012 WELLNESS









Weight tends to be a sensitive issue at the **best of times.** But now more than ever it is important to be happy with how you look

ROMINA MCGUINNESS

Calling someone fat isn't very nice — Karl Lagerfeld learned that the hard way, after he called Adele overweight in Metro, drawing the ire of fans everywhere. But using the word "curvy" — is that wrong? It's usually meant as a compliment for a person with the right amount of flesh, in the right places. We're thinking Marilyn Monroe's hips, Christina Hendricks' bosom and Kim Kardashian's rounded bum.

But what happens if someone has a little too much flesh where they shouldn't? Do they go from being won-derfully curvy to dangerously

The line between the two words has been blurred. Britney Spears for example, has been simultaneously described by tabloids as "out of

shape" and "stunning". Adele is a prime example. Everyone goes on about her weight — she even jokes about it herself (if she could be the face of anything, it would be full fat Coke, she said last September).

So why did Vogue UK smooth out her curves on her February cover?

On the same note, people can't seem to make up their minds as to whether or not 2012 Sports Illustrated Swimsuit cover girl Kate Upton is fat or curvy because her breasts fill her bikini top.

Plus sized model Tara Lynn has posed nude for Vogue Italia, and last summer, and she was the face of H&M's 'Big is Beautiful' swimwear collection. She knows what it's like to be a not-so-skinnygirl working in an environment strongly influenced by the size zero.

"Anyone can take one word and use it in an endless context," she says.

"Someone could say 'voluptuous' to mask saying another word such as 'obese'. Thankfully, being plus sized is no longer a taboo, even though the media constantly exposes us to a repetition of skinny images day in, day out, making us feel like we need to fit in.'

The need to conform is

what drives us to follow trends, and fear exclusion.

"The problem is we can't go all go by one unrealistic body image," adds Lynn.

She believes we need is a diverse perception of beauty covering a broad spectrum of shapes and sizes — no matter what we label them.

"I'm pleading with you to be happy with your body,'

LIFE **Health fact** Citrus

According to research reported in the Journal of American Heart Association, citrus contains a class of compounds called flavonoids that are believed to provide protection as they improve blood vessel function and have an anti inflammatory effect.

On the Web





Gwendolyn DeVoe, creator and executive producer of Full Figured Fashion Week

Calling someone fat is offensive, but do you think people are now using 'curvy' to mean the same thing? I don't think so at all. 'Curvy' and 'fat' are two different terms. Curvy, to me, is a positive term. A woman who is considered

curvy can be a size 10 or a size 20. Curves are curves, no matter what the size. When someone describes a woman as being curvy, in my opinion, they are using it in a positive fashion whereas many people tend to use the word fat in a negative fashion. It's actually refreshing to see people now being more accepting of curvy



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Somali fare shines at Koullan while charm adds to lunch





In what used to be a tattoo parlour, I experience one of my most memorable lunches. Koullan is a Somali café where the food shines amid the dinginess of the decor.

The heat seems to be turned off as we settle into hard-backed yellow booth. But the woman running the show makes up for the chill with her warmth and charm.

We order the chicken and chicken suqar ("suqar" means small bites). As we sip on our pop, we hear the sizzle of the meat in the hot pan and know that we will treated to fresh food, hot from the pot.

And we aren't disappoint-The chicken is tender, mildly flavoured with curry and sits on top of a bed of Basmati perfection. The owner

dollops some vegetable stew on the side. The vegetables are tender and the sauce is almost creamy.

The salad, though satisfactory, is worth ignoring in favour of the fresh, warm naanstyle bread that we eagerly share.

walk away, already forward looking my next Somali sugar.

Koullan

Address. 80 Burland St.

Phone. 613-680-5698

Rating. 4.5/5

Price range. \$

Lunch with co-workers. Yes

Client negotiations. Yes

Social lunch. Yes

Quick solo lunch. Yes

Curry Tuna. In a hurry after work? Get dinner ready in a few minutes



This meal can be ready in no time for tired and hungry workers who want a spicy curry in a hurry. recipe can easily be doubled to make four servings. Serve over rice or accompany with naan bread if desired.

 $1 \\ 1 \\ over \\ medium \\ heat, \\ melt \\ butter. \\ Add \\ the \\ gar$ lic. Stir in the tuna, sour cream and curry powder. Heat until warm and Garnish with cilserve.

- 15 ml (1 tbsp) butter
- 1 clove garlic, minced
- 2 cans (each 85 g) flaked light tuna (spicy Thai chili
- 250 ml (1 cup) low-fat sour
- 5 ml (1 tsp) curry powder • Cilantro sprigs, for garnish (optional)

antro sprigs, if desired. **CLOVER LEAF/ THE CANADIAN PRESS**

Stir-fry to make the wok sizzle

Stir-fries are a great dinner option when you want something quick that allows you to use the veg-gies and meats you already have in your fridge and

While this Coconut Pork Stir-Fry uses mushrooms, red peppers, onions and spinach, it would work just as well with veggies such as yellow or green peppers, broccoli, green beans, water chestnuts and red onions.

You can also swap out pork for chicken or tofu if you prefer.

While the recipe calls for rice you could also try it with soba noodles or brown rice instead.

 $1^{
m Combine}$ the marinade ingredients in a

bowl; add pork, tossing it to coat. Cover and marinate in refrigerator 15 minutes.

medium-high heat until hot. Stir-fry the pork, 1/2 at a time, 1 to 2 minutes or until outside surface is browned. Remove the pork from the pan with slotted

ed, stirring occasionally. Serve over rice if desired.

NEWS CANADA

Stir-fry mushrooms, **3** bell pepper and onion in same pan for 3 to 5 min-utes or until onion is crisp-

Heat the oil in large skillet or wok over

tender. Add pork, coconut milk and garlic salt. Stir in spinach; cook 3 to 5 minutes or until spinach is wilt-

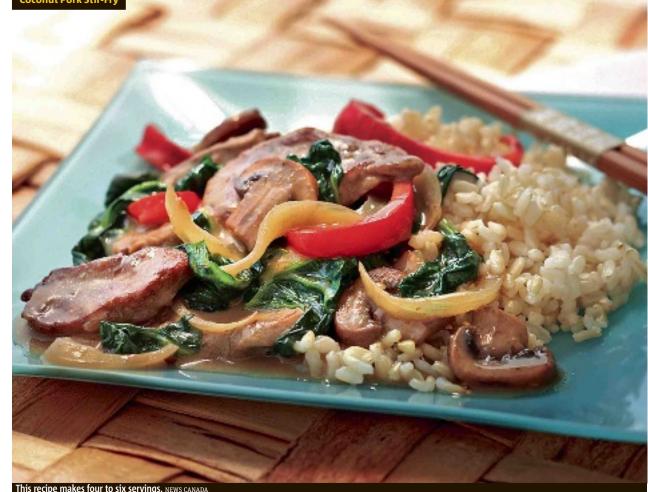
Ingredients

Marinade

- 1 tbsp soy sauce
- 1 tsp ground ginger • 1/2 tsp Chinese five spice
- 1/2 tsp crushed red pepper

- 375 g pork tenderloin, cut lengthwise in half, then crosswise into 1/4 inch/6 mm thick
- 1 tbsp Mazola Veg Plus! canola

- and vegetable oil blend • 250 g sliced mushrooms
- 1 red bell pepper, cut into thin slices
- 1 small onion, cut into thin wedges
- 1 can (390 mL) coconut milk
- 1 tsp garlic salt
- 4 cups packed spinach leaves (approximately 150 g)
- Cooked rice, optional



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Women in red prove more attractive to men, says study

Desire. Never underestimate the power of a woman in red. A new study looks at what attracts men to women and proves that red really is the colour of love.

CASSANDRA GARRISON

Men who participated in the study looked at photographs of women framed by borders of different colours, including red. They were asked to judge how pretty they perceived the women to be.

Later, they viewed images of women wearing red shirts and were asked how much money they'd be willing to spend on each woman if they were on a date with her.

Turns out, the women wearing red or framed in red came out on top. These women were:

- rated significantly more
- rated more sexually de-

• more likely to be asked on the promi

• more likely to be treated to an expensive date

However, the colour red did not affect other factors the men were asked to comment on about the women, like likeability, intelligence or kindness.

This study could very well be the only scientific document on the effects of colour on behaviour in relationships. "Much is known about col-

"Much is known about colour physics and colour physiology, but very little about colour psychology," said psychology professor Andrew Elliot, a researcher on the study. "It's fascinating to find that something as ubiquitous as colour can be having an effect on our behaviour without our awareness."

Though society has deemed red the colour of passion, the attraction to it might be more scientific.

Primates offer a clear example. The females of some species will redden when nearing ovulation — sending the message that it's mating time.

"Our research demonstrates a parallel in the way that human and non-human



male primates respond to red," said the study's authors. "As much as men might like to think that they respond to women in a thoughtful, sophisticated manner, it

appears that at least to some degree, their preferences and predilections are, in a word, primitive."

Yep, just confirming what we already knew.

A dating show in the 'Big Heart,' not the Big Apple





She may be a matchmaker and the star of a reality show for Bravo, but Lori Zaslow is no Patti Stanger, of the same cable channel's show The Millionaire Matchmaker.

In fact, Zaslow is the anti-Patti. Unlike the cattle calls Stanger has on her own show, in which she herds a group of women into an office, critiques their appearance and sends them to a mixer hosted by one millionaire looking for love, Zaslow takes a friendlier approach.

"I think we definitely have a positive approach and that people love working with us because when you're positive, people feel like they can open up," Zaslow explains, adding that her company will only do blind dates.

The client never gets to choose their match.

"I think sometimes people fall into old habits and pick someone who visually is right, but they don't know anything about their insides," Zaslow explains. "We spend so much time with our clients — that's really our passion, the analyzing. We get invigorated by learning about people — what has worked for you, what hasn't worked."

On her new show, The Love Broker, Zaslow brings the cameras with her as she coaches her clients through the process of dating in New York City — a town that's caught plenty of flack from Stanger, who once said that women in New York should "dumb it down a little bit" for the men they date.

Typically, Zaslow is a bit more optimistic about the state of dating in her city.

"I love New York. I love the people here. I feel like maybe it's more of a challenge than in other cities because there are so many people," she says.

"I think there's more layers here. It's not skin-deep. It's really deep — and it takes a lot more time and a lot more energy, so you have to bring a stronger game. That's why people come here to find love and then move out of the city.

"People come here to meet people. I think New York's

Blind date etiquette

- 1. Just stay for an hour
- 2. Don't drink too much
- Talk as much as you listen; listen as much as you
 talk
- 4. Be present

known for that. It should be the Big Heart, not the Big Apple."

Dividing up the birthday dinner bill



I am coordinating a birthday dinner for a friend. Each attendee is expected to pay his/her own bill. The birthday girl's husband is attending. I would like to cover her bill, not his. Any suggestions? Hostess

Door Hostoss

Since these two people are a couple, they should be treated as such and so the bill

absolutely should be paid for both the birthday girl and her husband. Now, you have several ways to deal with this.

eral ways to deal with this.

Firstly, you can take the total bill including tip and divide this equally among those who are left paying. This will give you the equal amount each paying person contributes for the total bill including tip. In this scenario, all paying people have paid for themselves and an equal

portion for the couple being hosted. Your second option would be to take the total bill including tip divided by the total number of people including the birthday girl and her husband. In this case you are responsible to pay for three shares (yours, the birthday girl's and her husband's). In this scenario, guests pay their own share only and you would be paying for yourself and the two guests. Bon appétit!



NO TIME LIKE THE PRESENT

ONLINE OR OFFLINE, THE SOONER YOU START LOOKING FOR A SUMMER JOB, THE BETTER

Getting a summer job is like buying concert tickets — the best ones go first and the latecomers are stuck with the cheap ones. Employment experts say the sooner you start your summer job hunt, the better.

Karin Lewis, an employment counsellor and social media expert at JVS Toronto, says a great place to start your search is online.

"Google is the most effective and flexible job-search tool," she says.

Search "summer+job+Halifax" (or wherever you are looking) to get results in your area. Mark "pages from Canada" to limit results. Set up a Google alert with your key terms to have the search giant filter job postings and email them you.

Make sure your bio reflects your professional ambitions, your photo makes you look employable, and don't flame people about your drinking habits.

Create a solid LinkedIn profile. You can use it as your online resumé and connect to potential employers. Some jobs even require you apply via LinkedIn.

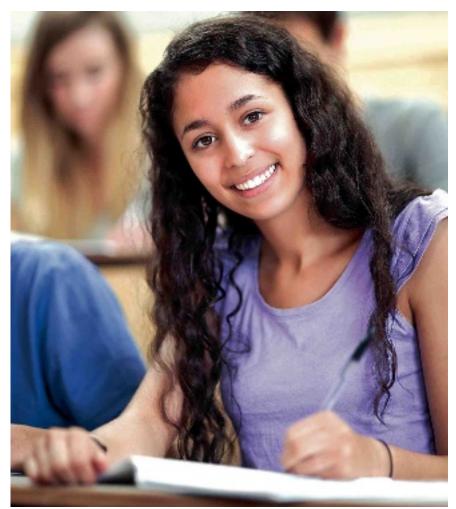
"If you have a good profile on LinkedIn and someone Googles you, that's the first thing they'll find," Lewis says. "It's a good way to control what people find."

There are also lots of job sites like Monster.ca, Jobsposting.ca and even Kijiji.

For offline, check out your local employment centre or your university's student services centre. When you apply, use the keywords that describe the job in the posting. Direct it to the person specified. It's better to make a short list of jobs you really want and put a lot of time into those applications than to just fire off dozens of generic emails to dozens of companies.

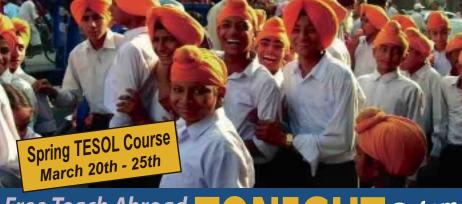
Make sure you understand the terms of the job. A summer internship on a magazine might sound perfect for a budding writer, but it might not be paid. While it is important that your summer job provide experience will help you land a permanent job after graduation, you don't want to be exploited for free labour.

— Jon Tattrie



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"TESOL is the international designation or licence to teach English as a second language and it's recognized in over 100 different countries," says academic director Kelly Smith. "TESOL is geared specifically for teaching English as a second language outside of Canada.

"There's a bit of a misconception that just because you can speak it, you can teach it. We basically teach them how to



UNITED TESOL PH

put together a coherent lesson plan, how to translate tangible language targets for the students themselves, and how they can deliver that in the most effective way."

United TESOL will be celebrating its 10th anniversary in June and its spring TESOL certification program runs from March 20-25.

Join the United TESOL faculty at a free, Teach English Abroad informational seminar March 6 from 7-9 p.m. in Room 4 of the Jock-Turcot University Centre, located next to the bookstore on the University of Ottawa campus. For more information or to register for the upcoming Spring TESOL session, call 613-562-8370 ext. 101, or email info@unitedtesol.com

metronews.ca Tuesday, March 6, 2012 YOUR MONEY

Why are happy people



I read a Fastcompany.com article last week about how the happiest people are spending their money. It's clear that happy people live lives that are rich; 'rich' meaning balanced and largely stress-free.

Happy people often have a different idea of 'the dream.' Rather than working to afford a big house and two cars, they're creating their own 'dream' based on what makes them fulfilled. For example, instead of living in the suburbs, many buy smaller, more centrally located homes where they don't need a car.

They save time commuting, exercise more, have fewer expenses and a lower environmental footprint. Redefining 'the dream' also means less stress. Happy people spend money on af-fordable experiences, not experiences, not accumulating 'stuff' that contributes to debt. For example, many would prefer to travel versus hosting a lavish wedding; while others spend money on house cleaning so that they have more time to spend with their kids.

Prioritizing expenses to afford personally fulfilling experiences also means living within their means. That in turn translates into less debt and reduced stress

Happy people also find creative ways to make more money. Some become fulltime entrepreneurs. Others keep working their nine-to-five job, and turn their hobbies, like photography, music or teaching, into extra income by selling their services or inventing new products.
This crowd is frugal and

resourceful, which enables them to save for their vision of retirement. Interestingly, many have selected careers that will carry them well past the traditional retirement age

Like happy people, choosing to not to keep up with the Joneses can buy you more time to focus on the things that matter to you. And it will help you build financial freedom by avoiding debt and having more money for

Stop the yearly panic

RRSP contributions.

Don't miss the boat again this year. It's time to set up monthly automatic deposits.



MONEY

You did it again. You went down to the RRSP wire, raided the kids' piggy banks, maybe leaned on your line of credit or put the touch on a grandparent then rushed off to make your last minute contribution.

With just under a year until the next RRSP deadline, you resolutely swear you're not going to do the last minute thing again. But I find that RRSP contribution vows, like New Year's resolutions, tend to get tossed aside in the stampede of life.

Alison's money rule:

nest egg."

Take heart, I have a solution. Before the week is over set up an automatic transfer from your bank account to your RRSP. Just do it! Money that is out of sight is out of mind and, better yet, sheltered from spending urges.

While it would be nice to max out your RRSP contributions through monthly deposits, that's unrealistic for many, especially those with families, mortgages and car

Instead, pick a number you can live with that won't stress you financially. Even \$50 or \$100 will start you off and chances are the money won't be missed if it is out of your account before you even have time to think about spending it. To be safe, set up the transfer a couple of days after your paycheque is deposited.

Here's a trick to go along with an automatic contribution plan. Give yourself an RRSP raise on a regular basis. Every

"Don't wait until your financial ship comes in. Save

for retirement monthly to achieve the most secure

six months or so bump up the transfer into your RRSP by a bit. You won't feel the pinch but the habit, once ingrained, will eventually turn into a nice tax deduction year in and year out.

Another rationale to this plan is the benefit of regular investing, called dollar cost averaging. If you contribute to your RRSP monthly, and invest in a group of quality products at the same time, you will have a much better return over time than those who make haphazard lump sum contributions and investments.

Dollar cost averaging evens out the ups and downs of the stock market and interest rates

The percentage of 18- to 34-year-olds that do not have an RRSP account

and also saves you from trying to guess when is the best time to invest. Research shows pretty much everyone gets it wrong over time.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM

Toss out your takeout menus

and cook dinner at home

TINA CHADHA



By the time you get home from work you're starving, tired and ready to pop a frozen burrito in the microwave. (Or, even better, order pizza!)

It might seem like a good idea at the time, but ordering all that takeout is likely having an effect on your wallet not to mention your waistline.

But there's still hope for home-prepared meals in your future. U.K. culinary star So-

Keep a non-stick frying pan.

- Always stock your pantry. You with olive oil, salt, pepper and staple spices like ground cumin, ground coriander, chili
- When chopping an onion, a sandwich bag in your fridge for the next day.
- Freeze extra fresh herbs. You have them ready to go for the next time you're cooking.

phie Wright — the youngest head chef in England at age 20 — insists making dinner doesn't have to be time- or labour-intensive.

"You just need to be well organized," says Wright. "You need to have an idea [of a recipe] in the back of your head. Maybe flick through a cookbook the night before.

Then, rather than stopping for a slice of pizza on the way home, stop at the supermarket and pick up a few bits and make a really nice meal."

If this sounds like a case of

easier-said-than-done, Wright shows us how in her new book, Home at 7, Dinner at 8, which is filled with 80 easy, fancy-sounding recipes, such as Honey Roasted Pork Tenderloin and Red Wine, Gorgonzola and Orange Risotto that can be in your belly in less than an hour.

Taking into account that Wright chops food a lot faster than us novice cooks, the chef added on extra time to each recipe and made sure not to use too many pans ("It's horrible washing up after you

But the true test: "My guinea pig is my boyfriend, who is the most incompetent cook," she says, laughing. "I know that if he can do it, anyone





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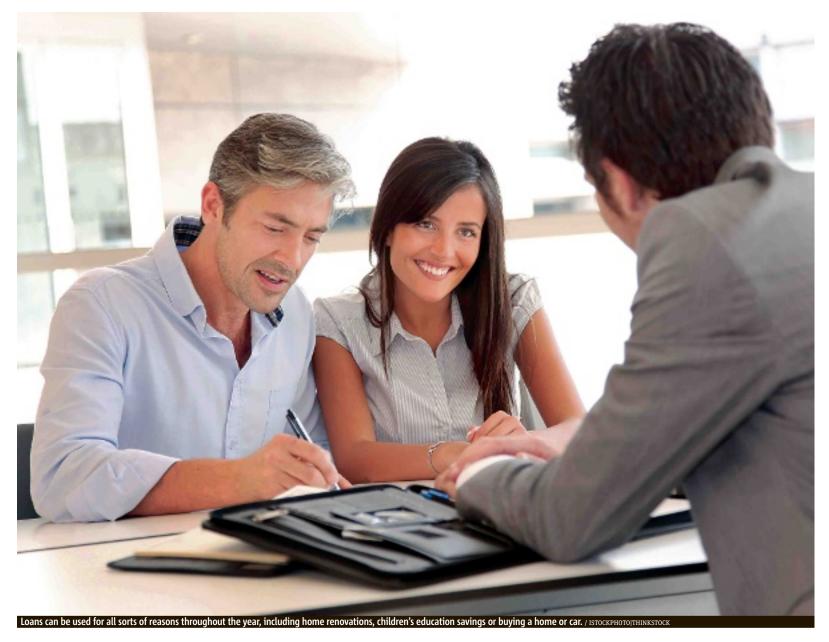
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Borrowing basics

Advice. Make sure you choose the right loan — and the right lender

JANE DOUCET

Spring is just around the corner, and with it comes visions of putting an addition on the house, landscaping the garden, taking a warm vacation to shake off winter's chill or shelling out big bucks for your (or your child's) wedding. While they are all exciting plans, many Canadians will be asking themselves, how will I ever pay for them?

For some, the answer will

For some, the answer will be to apply for a loan. "Loans can be used for all sorts of reasons throughout the year, including home renovations, children's education savings or buying a cottage or car," says Christine Zalzal, vicepresident of marketing at B2B Trust, a third-party supplier of investment and RRSP loans



in Canada.

When looking for a lender, it's important to make sure the person you deal with at the lending institution is reputable and trustworthy, and that he or she really listens to your needs.

"Both the lender and the borrower have to properly assess the borrower's current and future financial goals before choosing the right type of loan or product," says Zalzal

It's also important to consider whether you will be able to meet the loan payments if there is a change in your personal situation, such as you or your partner lose your job or you get divorced.

"You have to ask yourself whether you can afford to make a monthly payment on the principal, not just the interest, regardless of your circumstances," says Richard Goyder, vice-president of personal lending at RBC.

When it comes to searching for a lender, Goyder says the best advice is to get pro-

fessional advice from your banker or financial adviser. "Borrowing money is a big and very personal decision," he says. "You have to ask yourself, how much should I borrow? What's my income? What's the best kind of borrowing for me?"

Before you can determine how much money you should borrow, it's vital to understand how much money you already spend each month and where you spend it. Then you can decide where to trim so you can set aside adequate funds to meet your loan payments.

Regardless of whether you borrow money from a bank or another lending institution, you must make sure you can afford to pay back the loan as per the lending agreement.

"Consumers should sleep easy at night knowing they're comfortable with their borrowing plan," says Zalzal. "If they have anxiety over it, they should revisit it."

Mistakes

Avoid these common blunders when you are planning for a loan

Don't want to end up drowning in loan debt? Richard Goyder, vicepresident of personal lending at RBC, reveals some common borrowing mistakes and how to avoid them.

Choosing the wrong type of product. If you use a credit card to borrow a large amount of money, you will get dinged with a high interest rate.

"A better idea is to borrow on a line of credit, which has a lower rate of interest," says Goyder.

Not seeking advice. The different types of borrowing options, including secured and unsecured lines of credit and instalment loans — can be confusing if you are unfamiliar with them. "A financial adviser can explain them and help determine which is best for your situation," says Goyder.

Refusing to create a spending plan. It's a fact — budgets are boring. But they are also necessary to ensure you can meet your monthly loan payments. If you don't have a monthly budget, you may borrow too much and not be able to make the payments. Being unaware of your credit score.

A credit score lets lenders know if you are a safe or poor risk to borrow money. If you don't know your score, you can determine it by doing a credit score report online or having your banker do one for you.

Neglecting to approach your own bank. Although it might be tempting to respond to another lender's flashy advertisement, no one knows your financial situation better than your bank.

Because your banker already has your business, it might mean you will get a better deal than elsewhere.

Having too much debt in too many places. This scenario could land you in serious financial trouble, but there is a solution.

but there is a solution.

"Consolidating your
debt can be a very sensible and clever way of
saving yourself money on
repayments," says Goyder.

JANE DOUGET

metronews.ca
Tuesday, March 6, 2012

SPRING LENDING 19

Let a specialist navigate your car loan

Investment.

Most people need to borrow money when purchasing a vehicle

Next to a house, a car or postsecondary education is probably one of the biggest investments you will make.

When purchasing a car,

either from a dealership or through a private sale, most people need to secure a loan. The first step is to speak to a specialist who will guide you through the application process and advise you of the available options, says Shahz Beig, associate vice-president, personal lending, TD Canada Trust.

In contrast to a house, you don't need a down payment for a car; you can borrow the entire amount, as long as you qualify. You will need a bill of sale, and proof of registration, ownership and insurance, says Beig.

Beig.

The interest rate on a car loan depends on the size of the loan and the number of years you take to pay it off. Interest rates for such loans are lower than for unsecured loans, and can be as low as prime plus 1.75 per cent, says Beig.

As a new car buyer, you can choose a fixed or variable rate with a wide range of payment terms. Bear in mind that the longer the term, the lower your monthly payments. For a new car, you can take up to seven years to repay the loan, but you can pay it off at any time.

"For example, if you can take a loan out for \$10,000, you can pay it off in full in

six months if you please, and there are no penalties or fees associated with that," says Beig

Since the car is considered collateral against the loan, and a vehicle depreciates over time, you have only up to five years to repay a loan to purchase a used car, and the interest rate would be slightly higher.

Another significant expense is a university or college education. The TD offers

undergraduates a line of credit of up to \$40,000 over four years at an interest rate of prime plus 1.5 per cent (totalling 4.5 per cent), says Beig. He believes this rate is better than for provincial student assistance programs. The bank also offers lines of credit for postgrads, even up to \$200,000, at prime, to qualifying medical and dental students.

PAULINE ANDERSON



Time to build a dream home

As mortgage rates continue to be relatively low and promise to remain unchanged for at least the short term, this is a good time to consider getting a loan to purchase your dream home.

Start by working with a specialist to get pre-approved, says Farhaneh Haque, director, mortgage advice, TD Canada Trust. This process helps determine the type of loan for which you quality.

"It gives you the confidence to look at properties that are within your budget," says Haque. "There's nothing worse than falling in love with a home only to find out that you can't afford it."

Part of the pre-approval process involves evaluating your credit rating. "Sometimes we uncover something that you may not even know about, so if there are any skeletons in the closet, we can point you in right direction to rectify that," says Haque.

Selecting that, says haque.

Selecting the right mortgage — fixed or variable,
short or longer term, "open"
or "closed" — is as important
as finding the right house.
Most buyers live in their first
house for only about three
years so Haque suggests asking about a mortgage's flex-

"Can I take this mortgage with me? Can I increase it?

Can I pay more towards the principle? If I need to take a short break from payments, can I do that?"

The minimum down payment is five per cent. Of course, it's better to put down a larger amount so payments aren't so overwhelming and you a have a better equity position, says Haque.

Homebuyers can tap into their registered retirement savings plans to purchase a home. You and your partner can each withdraw up to \$25,000, although some conditions apply and it has to be repaid, generally within 15 years

Remember that the price of the house is not the only expense; there are also closing fees, moving costs, lawyer payments and other incidentals to consider.

"These need to be built into your budget," says Haque. And in addition to mortgage payments, there are other regular household expenses, including heating, property taxes, maintenance thumb is that monthly housing costs shouldn't be more than 32 per cent of your gross monthly income.

For further information, visit tdcanadatrust.com/homeownership.

PAULINE ANDERSON



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SPORTS metronews.ca Tuesday, March 6, 2012



Senators preview

THE CANADIAN PRI



Yzerman embraces 'awesome challenge'

Olympics. "There was no reason to look at any different person to lead," says Hockey Canada president

Steve Yzerman is looking to repeat.

The architect behind Canada's 2010 gold-medal winning men's team at the Vancouver Olympics will once again lead the squad in 2014.

"Given the opportunity to go to Russia and compete in the Olympics again, that's too good an opportunity to pass up," Yzerman said Monday after Hockey Canada named the general manager of the Tampa Bay Lightning its executive director for the men's team at the Sochi Games.

"It's just too great a chal-lenge and these are things I really enjoy doing. Going into Russia trying to win a gold medal will be an incredibly awesome challenge and exciting for all of us."

Yzerman's management group for the Games will include Detroit Red Wings general manager Ken Holland, Edmonton Oilers president Kevin Lowe, St. Louis Blues GM Doug Armstrong and Bob Nicholson and Brad Pascall of Hockey Canada.

"When I met with Steve Yzerman, he didn't just want it — he really wanted to be involved and to lead this group," said Nicholson, Hockey Canada's president. "He quickly came to the conclusion that he'd like to have the same group around him that he did in Vancouver, so we're moving ahead."

Lowe, meanwhile, has also been put in charge of Canada's entry at the upcoming world hockey championship

in Helsinki.
Canada has fallen to fourth in the world rankings after a pair of disappointing showings at the past two world championships.

The rankings after this year's world championship will determine how countries are seeded at the 2014 Sochi Olympics.

THE CANADIAN PRESS

Senators

Bishop swaps positions with Lehner in Ottawa

The Ottawa Senators recalled goalie Ben Bishop from the club's American Hockey League affiliate Monday and reassigned fellow netminder Robin Lehner.

Bishop was acquired by the Senators from the St. Louis Blues on Feb. 26 in exchange for a secondround pick in 2013.

He was sent to the **Binghamton Senators after** the deal, registering a 2-1-0 record and a 2.35 goalsagainst-average in three games. THE CANADIAN PRESS

MLB

Dykstra off to prison on auto theft charges

Disgraced ex-New York Mets outfielder Lenny Dykstra on Monday was sentenced to three years in a California state prison after pleading no contest to grand theft auto and providing a false

financial statement. Los Angeles County Superior Court Judge Cynthia Ulfig sentenced Dykstra after refusing to allow him to withdraw his plea and said the scam to lease high-end automobiles from dealerships by providing fraudulent information and claiming credit through a phoney business showed sophistication and extensive planning.
THE ASSOCIATED PRESS



NFL

Patriots make move to retain receiver Welker

The New England Patriots have placed the franchise tag on Wes Welker, the receiver who caught more passes than anyone else in the NFL last season.

The move means Welker would be paid about \$9.5 million for next season unless the sides work out a long-term deal. THE ASSOCIATED PRESS

Curling. Alberta off to undefeated start at Brier

The Koe brothers are having a good Brier so far.

No pros? No problem

Whether or not NHL players

are allowed to compete in

Sochi. Yzerman and his man-

to putting together the best

"I think at the end of

the day everyone will

agree that it's good for

the game and we'll work

something out," Yzerman

said. "Obviously if the NHL

isn't involved, it's going to

be a dramatically different

tournament. You've got to

figure out who will coach,

who will play, but we'll work

entry possible.

agement team have committed

Alberta's Kevin Koe remained unbeaten at the Canadian men's curling championship Monday in Saskatoon. His Calgary foursome improved to 4-0 with an 8-2 win over Mike Gaudet of Prince Edward Island.

Jamie Koe, who skips Yukon/Northwest Territories, earned his third straight win to improve to 3-1 after down-Saskatchewan's Scott Manners 9-5.

Both teams had a game remaining later Monday. Ontario's Glenn Howard

was also 3-1 after a 9-8 win in



berta skip Kevin Koe

an extra end over Quebec's Robert Designations in the morning.

THE CANADIAN PRESS

NHL. Sens officials say team's survival depends on Ontario tax writeoff

Premier Dalton McGuinty says he's willing to listen to organizations like the Ottawa Senators who are worried about Ontario scrapping a key tax break.

The Liberal government has said it wants to end a policy allowing businesses to write off as much as 50 per cent of tickets and luxury suites for sporting events.

But officials with Ottawa's NHL team say that could put the club out of business.

McGuinty says tough economic times mean choices have to be made but his government will listen to groups

The writeoff, which also applies to other live performances like theatre and concerts, costs cash-strapped Ontario \$15 million a year.

that could be affected by dropping the tax break.

Senator's president Cyril Leeder says his team operates in a smaller market than other teams and it needs the corporate tax deduction to survive.

THE CANADIAN PRESS

metronews.ca Tuesday, March 6, 2012 **SPORTS**

NATIONAL HOCKEY LEAGUE

EASTERN CO	NFER	EN(CE									
	GP	W	L	OTL	SL	GF	GΑ	Pts	Home	Away	Last 10	Strk
d-NY Rangers	64	42	15	2	5	179	133	91	22-7-0-2	20-8-2-3	6-2-1-1	W1
d-Boston	64	38	23	1	2	209	150	79	19-12-1-1	19-11-0-1	4-5-0-1	L2
d-Florida	65	31	22	5	7	163	184	74	16-9-1-7	15-13-4-0	4-5-0-1	W1
Pittsburgh	64	38	21	2	3	207	167	81	20-8-2-0	18-13-0-3	8-2-0-0	W5
Philadelphia	64	36	21	2	5	210	191	79	15-10-1-4	21-11-1-1	5-5-0-0	W2
New Jersey	65	36	24	2	3	180	175	77	16-12-0-3	20-12-2-0	5-4-1-0	L1
Ottawa	67	34	25	6	2	202	198	76	17-13-2-1	17-12-4-1	6-3-1-0	L2
Winnipeg	66	31	27	4	4	173	186	70	20-10-1-3	11-17-3-1	5-3-1-1	W1
Washington	65	32	28	2	3	172	184	69	21-10-0-2	11-18-2-1	4-6-0-0	L2
Tampa Bay	65	31	28	3	3	184	219	68	20-9-1-1	11-19-2-2	7-3-0-0	W4
Buffalo	65	30	27	4	4	162	183	68	16-11-3-4	14-16-1-0	6-2-1-1	W3
Toronto	65	30	28	4	3	194	201	67	16-12-3-2	14-16-1-1	2-7-1-0	W1
NY Islanders	66	28	29	6	3	154	190	65	15-14-5-0	13-15-2-2	4-5-1-0	W2
Carolina	65	24	27	8	6	171	197	62	17-13-1-5	7-14-7-1	4-2-2-2	L2
Montreal	66	25	31	2	8	170	184	60	12-15-2-6	13-16-0-2	2-7-0-1	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	66	41	17	1	7	209	161	90	19-7-0-4	22-10-1-2	6-2-1-1	L1
d-St. Louis	66	41	18	1	6	169	131	89	26-4-1-3	15-14-0-3	7-3-0-0	W1
d-Phoenix	65	33	23	3	6	170	165	75	17-12-2-2	16-11-1-4	7-2-0-1	L2
Detroit	66	43	20	1	2	209	153	89	27-4-1-1	16-16-0-1	6-3-0-1	L1
Nashville	65	38	20	3	4	184	166	83	21-7-2-3	17-13-1-1	6-2-0-2	W1
Chicago	67	36	24	4	3	202	195	79	22-7-1-3	14-17-3-0	7-3-0-0	W3
Dallas	66	35	26	1	4	174	178	75	18-12-0-3	17-14-1-1	7-1-1-1	W2
San Jose	64	33	24	4	3	179	163	73	19-11-2-0	14-13-2-3	2-7-1-0	L2
Los Angeles	65	30	23	5	7	142	139	72	17-13-0-4	13-10-5-3	4-4-1-1	W2
Colorado	67	34	29	3	1	171	180	72	18-15-0-1	16-14-3-0	6-4-0-0	W1
Calgary	66	29	25	5	7	159	181	70	16-9-1-4	13-15-4-3	3-2-2-3	L2
Anaheim	66	28	28	4	6	166	186	66	17-14-2-0	11-14-2-6	5-4-0-1	L1
Minnesota	66	28	28	2	8	143	180	66	15-12-1-3	13-16-1-5	3-5-0-2	L4
Edmonton	64	25	33	2	4	170	192	56	16-13-2-2	9-20-0-2	4-5-1-0	L2
Columbus	65	20	38	2	5	153	214	47	11-18-1-2	9-20-1-3	4-5-1-0	W2
d — division leader	s ranke	d 1-2	-3 r	nard	less	of no	ints:	tear	n winning i	n overtime	or shooto	ut is

credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results				H.Sedin, Vcr	13	53	66
Phoenix at Pittsburgh				D.Sedin, Vcr	28	36	64
Buffalo at Winnipeg							64
Edmonton at Anaheim							63
Sunday's results							62
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	٥						59
	U						59
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	J						59
							59
				Parenteau, NYI	15	44	59
				Thornton, SJ	14	45	59
	_			Gaborik, NYR	32	26	58
							58
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							57
Phoenix at Columbus, 7 p.m							56
Ottawa at Tampa Bay, 7:30	p.m.						56
Chicago at St. Louis, 8 p.m.							55
Los Angeles at Nashville, 8	o.m.						55 54
Minnesota at Colorado, 9 p.i	n.						54 54
Montreal at Calgary, 9 p.m.							53
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							53
	о р			P.Kane, Chi	16	37	53
				Wheeler, Wpg	14	39	53
	n m			Perry, Ana	31	21	52
	p.111.			Couture, SJ			52
SCORING LEADERS							52
	G	Α	PT				52
Stamkos, TB	47	33	80				52
Malkin, Pgh	38	42	80				52
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Karisson, Utt	15	ÞΙ	66	Not including last high	s yallies		
	Phoenix at Pittsburgh Buffalo at Winnipeg Edmonton at Anaheim Sunday's results Florida 4 Ottawa 2 Dallas 3 Calgary 2 (SO) N.Y. Rangers 4 Boston 3 N.Y. Islanders 1 New Jersey Chicago 2 Detroit 1 Philadelphia 1 Washington 0 Colorado 2 Minnesota 0 Tonight's games All Times Eastern Boston at Toronto, 7 p.m. N.Y. Rangers at New Jersey, Detroit at Philadelphia, 7 p.m. Carolina at Washington, 7 p.m Ottawa at Columbus, 7 p.m Ottawa at Tampa Bay, 7:30 (Chicago at 5t. Louis, 8 p.m. Los Angeles at Nashville, 8 j.m. Los Angeles at Nashville, 8 j.m. Los Angeles at Vasoure, 10 p.m. Edmonton at San Jose, 10:3 Tomorrow's games Carolina at Buffalo, 7 p.m. Toronto at Pittsburgh, 7:30 (SCORING LEADERS) Stamkos, TB	Phoenix at Pittsburgh Buffalo at Winnipeg Edmonton at Anaheim Sunday's results Florida 4 Ottawa 2 Dallas 3 Calgary 2 (SO) N.Y. Rangers 4 Boston 3 N.Y. Islanders 1 New Jersey 0 Chicago 2 Detroit 1 Philadelphia 1 Washington 0 Colorado 2 Minnesota 0 Tonight's games All Times Eastern Boston at Toronto, 7 p.m. N.Y. Rangers at New Jersey, 7 p.m. Detroit at Philadelphia, 7 p.m. Carolina at Washington, 7 p.m. Ottawa at Tampa Bay, 7:30 p.m. Chicago at St. Louis, 8 p.m. Los Angeles at Nashville, 8 p.m. Minnesota at Colorado, 9 p.m. Montreal at Calgary, 9 p.m. Dallas at Vancouver, 10 p.m. Edmonton at San Jose, 10:30 p.m. Tomorrow's games Carolina at Buffalo, 7 p.m. Toronto at Pittsburgh, 7:30 p.m. SCORING LEADERS G Stamkos, TB Malkin, Pgh 38 Giroux, Pha 28 Spezza, Ott 28 Kessel, Tor 29 Lupul, Tor 25	Phoenix at Pittsburgh Buffalo at Winnipeg Edmonton at Anaheim Sunday's results Florida 4 Ottawa 2 Dallas 3 Calgary 2 (SO) N.Y. Rangers 4 Boston 3 N.Y. Islanders 1 New Jersey 0 Chicago 2 Detroit 1 Philadelphia 1 Washington 0 Colorado 2 Minnesota 0 Tonight's games All Times Eastern Boston at Toronto, 7 p.m. N.Y. Rangers at New Jersey, 7 p.m. Detroit at Philadelphia, 7 p.m. Carolina at Washington, 7 p.m. Ottawa at Tampa Bay, 7:30 p.m. Chicago at St. Louis, 8 p.m. Los Angeles at Nashville, 8 p.m. Minnesota at Colorado, 9 p.m. Montreal at Calgary, 9 p.m. Dallas at Vancouver, 10 p.m. Edmonton at San Jose, 10:30 p.m. Tomorrow's games Carolina at Buffalo, 7 p.m. Toronto at Pittsburgh, 7:30 p.m. Toronto at Pittsburgh, 7:30 p.m. SCORING LEADERS SCORING LEADERS	Phoenix at Pittsburgh Buffalo at Winnipeg Edmonton at Anaheim Sunday's results Florida 4 Ottawa 2 Dallas 3 Calgary 2 (SO) N.Y. Rangers 4 Boston 3 N.Y. Islanders 1 New Jersey 0 Chicago 2 Detroit 1 Philadelphia 1 Washington 0 Colorado 2 Minnesota 0 Tonight's games All Times Eastern Boston at Toronto, 7 p.m. N.Y. Rangers at New Jersey, 7 p.m. Detroit at Philadelphia, 7 p.m. Carolina at Washington, 7 p.m. Ottawa at Tampa Bay, 7:30 p.m. Chicago at 5t. Louis, 8 p.m. Los Angeles at Nashville, 8 p.m. Minnesota at Colorado, 9 p.m. Montreal at Calgary, 9 p.m. Dallas at Vancouver, 10 p.m. Edmonton at San Jose, 10:30 p.m. Tomorrow's games Carolina at Buffalo, 7 p.m. Toronto at Pittsburgh, 7:30 p.m. Toronto at Pittsburgh, 7:30 p.m. SCORING LEADERS SCORING LEADERS SCORING LEADERS SCORING LEADERS 47 33 80 Malkin, Pgh 38 42 80 Giroux, Pha 23 52 75 Spezza, Ott 28 44 72 Kessel, Tor 25 41 66 Lupul, Tor 25 41 66	Phoenix at Pittsburgh Buffalo at Winnipeg Hossa, Chi	Phoenix at Pittsburgh	Phoenix at Pittsburgh Buffalo at Winnipeg Hossa, Chi 27 37 37

CURLING

CANADIAN MEN'S CHAMPIONSHIP

TIM HORTONS BRIER

At Saskatoon All Times Eastern ROUND-ROBIN STANDINGS

Province (Skip)	W
Alberta (K. Koe)	4
Northwest Territories/Yukon (J. Koe)	3
Ontario (Howard)	3
Nova Scotia (J. Murphy)	3
Manitoba (R. Fowler)	3
British Columbia (Cotter)	2
Northern Ontario (Jacobs)	2
Saskatchewan (Manners)	2
New Brunswick (T. Odishaw)	2
Quebec (Desjardins)	1
Newfoundland & Labrador (Gushue)	1

Yesterday's res

Northwest Territories/Yukon 9 Saskatchewan 5 Ontario 9 Quebec 8 (extra end)

SEVENTH DRAW Alberta 8 Prince Edward Island 2

British Columbia 9 Manitoba 5 New Brunswick 8 Northern Ontario 3 Newfoundland & Labrador 10 Nova Scotia 5

EIGHTH DRAW
Alberta vs. Saskatchewan; Newfoundland & Labrador vs. Northwest Territories/Yukon; British Columbia vs. Quebec: Ontario vs.

Northern Ontario Sunday's results THIRD DRAW

Alberta 9 New Brunswick 4 Manitoba 8 Newfoundland & Labrador 7 Nova Scotia 5 British Columbia 3 Northern Ontario 8 Prince Edward Island 7 (ex-

FOURTH DRAW British Columbia 6 Saskatchewan 5 (extra end) Northwest Territories/Yukon 8 Northern Ontario 5

Alberta 9 Quebec 2 Ontario 6 Newfoundland & Labrador 5 (extra end)

Northwest Territories/Yukon 10 Ontario 6 (extra end)

New Brunswick 8 Nova Scotia 6 Manitoba 8 Prince Edward Island 3 Saskatchewan 6 Quebec 5

NINTH DRAW, 9:30 A.M.

Manitoba vs. Nova Scotia: Northern Ontario vs. Nova Scoua; Northern Ontario vs. British Columbia; New Brunswick vs. Prince Edward Island; Alberta vs. Newfound-land & Labrador.

DRAW 10, 2:30 P.M.

British Columbia vs. Newfoundland & Labrador; Ontario vs. Saskatchewan; Alberta vs. Northern Ontario; Quebec vs. Northwest

DRAW 11, 7:30 P.M.

Prince Edward Island vs. Northwest Territories/Yukon; New Brunswick vs. Quebec; Manito-ba vs. Ontario; Saskatchewan vs. Nova Scotia.

DRAW 12, 9:30 A.M.

Northern Ontario vs. Quebec: Northwest Territories/Yukon vs. Alberta; Newfoundland & Labrador vs. Saskatchewan; British Columbia vs. Ontario.

DRAW 13, 2:30 P.M.

Saskatchewan vs. New Brunswick; Prince Edward Island vs. Ontario; Quebec vs. Nova Scotia; Northwest Territories/Yukon vs. Manitoba.

DRAW 14, 7:30 P.M.
Manitoba vs. Alberta; Nova Scotia vs. Northerr Ontario; Prince Edward Island vs. British Columbia; Newfoundland & Labrador vs. New Brunswick.

SOCCER

EUROPEAN CHAMPIONS LEAGUE

SECOND ROUND

SECOND LEG All Times Eastern Today's games Arsenal (England) vs. AC Milan (Italy), 2:45 p.m. Benfica (Portugal) vs. Zenit St. Petersburg (Russia), 2:45 p.m.

Tomorrow's games APOEL Nicosia (Cyprus) vs. Lyon (France), 2:45 p.m. Barcelona (Spain) vs. Bayer Leverkusen (Ger-

many), 2:45 p.m. Tuesday, March 13

Bayern Munich (Germany) vs. Basel (Switzer-

Jave Trinding (Gerhany) vs. Baser (Switzerland), 3:45 p.m. Inter Milan (Italy) vs. Marseille (France), 3:45 p.m. Wednesday, March 14 Chelsea (England) vs. Napoli (Italy), 3:45 p.m. Real Madrid (Spain) vs. CSKA Moscow (Rus-

NCAA BASKETBALL

MEN'S AP TOP 25 POLL

sia), 3:45 p.m.

i nrough iviarch 4			
	Record	Pts	Prv
1. Kentucky (63)	30-1	1,623	1
2. Syracuse (2)	30-1	1,561	2
3. Kansas	26-5	1,482	3
4. North Carolina	27-4	1,442	6
5. Missouri	27-4	1,343	2 3 6 7
6. Duke	26-5	1,262	4
7. Ohio St.	25-6	1,251	10
8. Michigan St.	24-7	1,149	5
9. Marguette	25-6	1,087	8
10. Michigan	23-8	945	13
11. Murray St.	30-1	922	12
12. Baylor	25-6	909	9
Georgetown	22-7	873	11
14. Wisconsin	23-8	853	14
15. Indiana	24-7	707	18
16. Wichita St.	27-5	492	15
17. Florida St.	21-9	468	22
18. San Diego St.	24-6	441	21
19. Creighton	28-5	364	25
20. UNLV	25-7	360	17
21. Temple	24-6	343	23
22. Florida	22-9	305	16
23. Notre Dame	21-10	256	20
24. Gonzaga	25-5	170	_

25. lowa St. 22-9 127 - Others receiving votes: Saint Mary's (Cal) 88, Louisville 84, Drexel 83, New Mexico 64, Virginia 34, Memphis 13, VCU 6, Vanderbilt 6, Cincinnati 5, Long Beach St. 3, Kansas St. 2, Harvard 1, Saint Louis 1. Ballots Online: http://bissus/

Ballots Online: http://tinyurl.com/43u6jr6 Last night's result At Las Vegas No. 24 Gonzaga vs. Saint Mary's (Cal)

Tomorrow's game All Times Eastern

No. 13 Georgetown vs. St. John's or Pittsburgh at Madison Square Garden, 2:30 p.m.

LACROSSE

NLL

WEEK 10

All Times Eastern
Friday's games
Philadelphia at Toronto, 7:30 p.m.

Philadelphia at Toronto, 7:30 p.m. Calgary at Edmonton, 9 p.m. Saturday, Mar. 10 Boston at Rochester, 1:05 p.m. Edmonton at Calgary, 9 p.m. Washington at Colorado, 9 p.m.

Sunday, Mar. 11 Colorado at Washington, 8 p.m.

TENNIS

ATP MONEY LEADERS

Through March 4 All Figures U.S. \$2,460,290 \$1,293,375 \$1,236,485 \$711,637 Roger Federer Rafael Nadal 4. Andy Murray 5. David Ferrer \$662,621 6. Juan Martin del Potro \$625,868 7. Tomas Berdych \$447,450 8. Jo-Wilfried Tsonga 9. Milos Raonic \$377,368 \$350,461 \$349,573 \$347,932 10. Jurgen Melzer 11. Radek Stepanek 12. Nicolas Almagro 13. Kei Nishikori \$263,021 14. Leander Paes \$250,488 \$244 524 16. Mikhail Youzhny 17. Philipp Kohlschreiber 18. Michael Llodra \$227,634 \$222,446 \$222,427

WTA MONEY LEADERS

\$214,983

\$201,514

Through March 4

19. Richard Gasquet

20. Gael Monfils

 Victoria Azarenka 	\$2,921,95
2. Maria Sharapova	\$1,231,35
Agnieszka Radwanska	\$832,08
4. Kim Clijsters	\$492,69
5. Petra Kvitova	\$492,20
6. Sara Errani	\$417,81
7. Julia Goerges	\$414,92
8. Caroline Wozniacki	\$388,66
9. Svetlana Kuznetsova	\$348,83
10. Vera Zvonareva	\$321,97
11. Jelena Jankovic	\$297,34
12. Ekaterina Makarova	\$267,67
13. Samantha Stosur	\$264,15
14. Marion Bartoli	\$237,21
Daniela Hantuchova	\$231,00
16. Roberta Vinci	\$223,16
17. Angelique Kerber	\$201,48
18. Iveta Benesova	\$188,98
19. Zheng Jie	\$187,40
20 Li Na	\$177.22

GOLF

WORLD RANKING

1. Rory McIlroy	NIR	9.2
2. Luke Donald	ENG	8.9
3. Lee Westwood	ENG	8.1
Martin Kaymer	GER	6.0
Steve Stricker	USA	5.7
6. Webb Simpson	USA	5.0
7. Jason Day	AUS	5.0
8. Dustin Johnson	USA	5.0
9. Charl Schwartzel	SAF	4.9
10. Hunter Mahan	USA	4.9
11. Adam Scott	AUS	4.9
12. Phil Mickelson	USA	4.9
13. Bill Haas	USA	4.0
14. Matt Kuchar	USA	4.5
15. Graeme McDowell	NIR	4.4
Tiger Woods	USA	4.4
17. Nick Watney	USA	4.3
18. Sergio Garcia	ESP	4.0
Brandt Snedeker	USA	4.0
20. Keegan Bradley	USA	4.0
21. K.J. Choi	KOR	4.0
22. Justin Rose	ENG	3.7
23. Bubba Watson	USA	3.6
24. Mark Wilson	USA	3.5
25. Ian Poulter	ENG	3.4
26. Paul Casey	ENG	3.3
27. Peter Hanson	SWE	3.3
28. Alvaro Quiros	ESP	3.3
29 David Toms	USΔ	3 :

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Chicago	31	8	.795	_
d-Miami	28	9	.757	2
Indiana	23	12	.657	6
d-Philadelphia	22	16	.579	81/2
Orlando	24	14	.632	61/2
Atlanta	22	15	.595	8
Boston	19	17	.528	101/2
New York	18	19	.486	12
Milwaukee	14	23	.378	16
Cleveland	13	22	.371	16
Toronto	12	25	.324	18
Detroit	12	26	.316	181/2
New Jersey	12	26	.316	181/2
Washington	8	28	.222	211/2
Charlotte	4	31	.114	25

WESTERN CONFERENCE

WESTERN COM ENLINCE							
	W	L	Pct	GB			
d-Oklahoma City	29	8	.784	_			
d-San Antonio	25	12	.676	4			
d-L.A. Clippers	22	13	.629	6			
L.A. Lakers	23	14	.622	6			
Memphis	22	15	.595	7			
Dallas	22	16	.579	71/2			
Houston	21	17	.553	81/2			
Denver	21	17	.553	81/2			
Minnesota	19	19	.500	101/2			
Portland	18	19	.486	11			
Utah	17	19	.472	111/2			
Phoenix	17	20	.459	12			
Golden State	14	20	.412	131/2			
Sacramento	12	25	.324	17			
New Orleans	9	28	.243	20			
d — division leaders r	anked	in top	four po	osition			
regardless of record.							

Last night's results

Orlando at Toronto Golden State at Washington Indiana at Chicago Dallas at Oklahoma City L.A. Clippers at Minnesota Philadelphia at Milwaukee Sacramento at Denver

New Orleans at Portland Sunday's results Boston 115 New York 111 (OT)

L.A. Lakers 93 Miami 83 New Jersey 104 Charlotte 101 Toronto 83 Golden State 75 L.A. Clippers 105 Houston 103 (OT) Chicago 96 Philadelphia 91 Phoenix 96 Sacramento 88

Denver 99 San Antonio 94 Tonight's games All Times Eastern

Orlando at Charlotte, 7 p.m. Atlanta at Indiana, 7 p.m. Houston at Boston, 7:30 p.m. L.A. Lakers at Detroit, 7:30 p.m. New Jersev at Miami, 7:30 p.m. Tomorrow's games

Utah at Charlotte, 7 p.m.

Houston at Toronto, 7 p.m. L.A. Lakers at Washington, 7 p.m. Roston at Philadelphia, 7 p.m. Atlanta at Miami, 7:30 p.m. Phoenix at Oklahoma City, 8 p.m. Portland at Minnesota, 8 p.m. Chicago at Milwaukee, 8 p.m. L.A. Clippers at New Jersey, 8 p.m. New York at San Antonio, 8:30 p.m.

Cleveland at Denver, 9 p.m. New Orleans at Sacramento, 10 p.m. Memphis at Golden State, 10:30 p.m.

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Hall of famer Lott says NFL bounty system 'not surprising'

Injuries. Legendary defensive back says paying for hits is incentive system run amok

To Ronnie Lott, the thousands of dollars New Orleans Saints players were paid under their bounty system from 2009-11 is not all that different from the helmet stickers handed out at lower levels of the game.

Little rewards for big plays

are as much a part of football as runs and passes.

"I never played the game to take away somebody's liveli-hood. Have I hurt people? Yes. I got paid to make interceptions. I got paid to cause fumbles. And I got paid to make big hits," said Lott, the Hall of Famer who was with the 49ers, Raiders and Jets during his NFL career from 1981-94.

"It goes back to when I was 10. Somebody said that if you

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4 DRAWER DRESSER \$75

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DAYS, DAILY BONUSES.



did one of those things, you would get a sticker on your helmet. In college, they gave

you that recognition if you did well," Lott said in a telephone interview Monday. "So, no. I'm

not really surprised by it." Nor, it seems, should any-

"Everybody knows those things have been around. Some people just unfortunately got caught with their hand in the cookie jar."

Former NFL offensive lineman Kyle Turley, one of hundreds of former players who are plaintiffs in concussion-related lawsuits

"The fact that guys in a football locker room would talk about and reward each other when they take one of their opponents out of the game that's not surprising at all. It probably happens from the high school level on up. This is not an odd thing. Now the cash rewards and the coach approval? That formalizes it and takes it to another level," said Jay Coakley, professor emeritus in the sociology department at the University of Colorado,

League commissioner Roger Goodell summoned former Saints defensive co-ordinator Greaa Williams to meet with NFL investigators Monday to discuss whether he also offered bounties while working for other teams. Goodell was not at the meeting.

ublished. Metro will not be responsible limited to the amount actually paid by the right to classify all advertisements.

- After the league made its investigation public Friday, Williams admitted to, and apologized for, running a bounty pool of up to \$50,000 over the last three seasons, rewarding players for knocking targeted opponents out of games.
- The league now wants to know whether Williams who recently left the Saints to become defensive co-ordinator of the St. Louis Rams — ran a similar scheme while a head coach or assistant with the Titans, Redskins, Jaquars and Bills.

Colorado Springs.

"But we shouldn't be sur-prised at all that the football culture would give rise to someone wanting to take another player out, even if there weren't something extra on the line," Coakley added. "That's just obvious." THE ASSOCIATED PRESS

metr⊕

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7 Cooking spray 8 Starbucks order 9 Picnic hamperer 10 Jason's ship

- 11 Sav it isn't so 17 Tropical tree 19 Whopper
- 22 Rowing need 23 Toper's interruption

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- 24 Eggs 25 Sleep phenom 26 Ford or Lincoln
- 27 Aries 28 Japanese sash 29 Tandoori bread

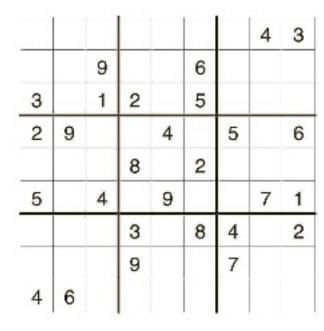
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- 45 Wife of Osiris 46 "— la vie" 48 Historic period





How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and

2	6	4	5	7	8	9	3
8	5	3	4	1	9	7	6
9	7	1	3	6	2	5	8
1	9	8	7	2	4	3	5
6	3	2	9	5	1	8	4
7	4	5	8	3	6	2	1
5	1	7	2	4	3	6	9
4	2	9	6	8	5	1	7
3	8	6	1	9	7	4	2

- Nami. This may be no secret, but I have loved you for a very long time. We've recently reconnected and I've never been so optimistic for my future. I hope you feel the same... From This Guy.
- Team 4. Dear Team 4, our time together has been the best of my life. When I dream I dream of you, I hope you know that. I hope that we can be together always. From Champion
- you. roses are red, violets are blue, waiting to hear from someone, that someone is you! From Blonde little girl.
- kc. Im going home now, hope you feel better, remember just dont lookme in thee eye and this will be easier, becasue i know if you do, you'll feel bad for me,, and i already recieved enough of your pity!!! Never wanted pity, wanted love but, well i guess for you and me there's always gunna be a BUT ehhh <3 From jg
- Dear: Girlfriend in a Coma. I miss you and I want a real kiss. You're so wet because I've been crying all over your face. Wake up, I want you!! Please Wake Up



-3'/-6' Variable



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0The Westher Network 2012

↑ Aries | March 21 - April 20.

You may not approve of a loved one's actions but neither are you going to condemn them.

Taurus | April 21 - May 21.

The most important thing today is that you decide what you are going to do. Don't keep changing

I Gemini | May 22 - June 20. If you don't feel happy where you are at the moment by all means et up and go some place else.

Gancer | June 21 - July 22. Try not to read anything dramatic into what others are saying.

∩ Leo | July 23 - Aug. 22. If a friend makes a suggestion today

u must listen.

Virgo | Aug. 23 - Sept. 22. The cosmic picture is somewhat

uncertain today, so it might be wise to bet only on certainties. **△ Libra** | Sept. 23 - Oct. 22. Who says you have to see things the same way as everyone else?

u're a Libra. You're different. **M** Scorpio | Oct. 23 - Nov.

21. You can expect some really good things to happen over the next few days. Creatively and romantically you should set your

sights high. Sagittarius | Nov. 22 -

Dec. 21. An older relative knows more about a situation than you do, so make sure you listen to, and t on their advice

Capricorn | Dec. 22 - Jan

20. You will find it difficult to make up your mind about something that would usually take you about three seconds to deal with.

Aquarius | Jan. 21 - Feb

18. There are so many opportunities available to you now that you may find it hard deciding which one to take advantage of. Go with the idea that first comes to mind. **Pisces** | **Feb. 19 - March 20.**

Do what you want to do today and don't worry if those around you think it's a bad idea.

SALLY BROMPTON



Caption Contest

"Give me a T"

KATHY WILLENS / THE ASSOCIATED PRESS



You write it!

Write a funny caption for the image above and send it to play@ metronews.ca — the winning caption will be published in tomorrow's Metro.

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Resignation

Music director stepping down

The National Arts Centre's longest-serving music director, Pinchas Zukerman, announced Monday he will step down as music director of the National Arts Centre Orchestra in 2015 — after 16 years leading the program. METRO

Investigation

Suspect package being assessed

Ottawa police are investigating a suspicious package incident at the Military Ombudsman's office at 100 Metcalfe St. Monday. There were no chemicals or explosives found in the package, which is being assessed by Health Canada. METRO



Holdup

Bowling alley robbed

Police are looking for a suspect who allegedly tied up a worker and forced him, at gun point, to open the safe at Le Carrefour bowling on Greber Boulevard in Gatineau shortly before 10 p.m. Sunday. The victim was not hurt, police said. METRO

Hockey game

Man suffers heart attack at arena

A 64-year-old hockey player was hospitalized Sunday after he had a heart attack following his game outside the Minto Arena on Lancaster Road, paramedics said. The man regained a pulse before arriving at hospital, say police. METRO

Oppositions politicians join protesters on the Hill

Robocall complaints.

Activists calling for the Conservative government to initiate a public inquiry as Elections Canada investigates



LOFARO

Members of opposition parties protested with about 200 people on Parliament Hill Monday calling for the Conservative government to initiate a public inquiry into the robocall complaints Elec-

tions Canada is investigating.
Canadians Against Electoral Fraud (CAEF), a group led by Ottawa activist Arun Smith, organized the protest through Facebook. It fol-lowed a similar protest held in Vancouver, Saturday.

CAEF also called for the nullification of election results from all ridings affected by misleading phone calls as well as "greater, fuller, and true accountability" in Canadian government.

Green Party leader and MP for Saanich-Gulf Islands



Elizabeth May echoed those demands as she addressed the crowd in the cold weath-

"I don't know who organized it, I don't know who paid for it," said May of the calls. "But one thing that I

do know is if we don't have a full, public, independent inquiry, none of us will ever

Wayne Easter, Liberal MP for Malpeque, said he agrees that an inquiry is important. but added that further investigation by Elections Canada is needed before officials nullify election results.

'It'll depend on their investigation before you can determine the next steps, said Easter.

Voice of Opposition



"The Conservatives need to take a special responsibil-

ity and be demanding a public inquiry as well."

Arun Smith, Canadians Against Electoral Fraud organizer



"I want this 'tough on crime' government to get tough

on electoral crime."

Elizabeth May, Green Party MP for Saanich-Gulf Islands



"Canadians want their government to fix healthcare,

not elections."

Pat Martin, NDP MP Winnipeg Centre

Mountie accused of rape before stabbing



Kevin Gregson listens in the prisoner's dock at his trial. SEAN MCKIBBON/METRO

The night before Kevin Gregson fatally stabbed an Ottawa cop, his ex wife confronted him about an allegation that he raped a 10-year-old girl, court heard

Gregson denied it, but said his RCMP career was over, the woman said.

"He said, I'm done. The RCMP is going to jump on this regardless of the truth," said the woman, who can't be named due to a publica-

The alleged victim also

can't be named. Gregson faces a first degree murder charge in

the Dec. 29, 2009 death of Const. Eric Czapnik, who was attacked in his cruiser outside the Civic campus of the Ottawa hospital.

Gregson's ex-wife said when she told Gregson she was taking the girl to hospital he suggested instead she take the girl to police, because they have rape kits.

The woman also said Gregson told her police would take him to jail, "because that is procedure."

The woman said throughout the Dec. 28, interaction Gregson was calm, which she said is normal for him.

When a carjacker forced Kaili Trenholm from a car at gunpoint, she got her friend out and then asked for her Lady Gaga CD back, court heard Monday. The Crown alleges Kevin Gregson drove the stolen car to the Ottawa Hospital Civic campus where he attacked Const. Eric Czapnik Trenholm, now 19, testified she went out for cappuccinos at Greenbank Square the evening before the killing, Dec. 28, 2009. A man opened their car door and said, "Get out of the car, this is a carjacking." After the carjacking, Trenholm called 9-1-1. Police recovered a BBgun at the hospital.







metronews.ca Tuesday, March 6, 2012

Tories were warned, says voting agency

Politics. Growing scandal over allegations of voter suppression has party officials on defence

The Conservative party asked for the location of all polling stations and then contacted voters about where to find them during last year's federal campaign, despite a request they not do so by Elections Canada for fear of muddying the election-day waters.

It's just the latest wrinkle in an evolving investigation into evidence that someone impersonated an Elections Canada official in order to misdirect voters to the wrong polling stations.

Elections Canada is investigating clear evidence of fraudulent calls in Guelph, Ont., amid an avalanche of

By the numbers

127

Elections Canada says 127 polling stations out of 15,262 across Canada moved locations during the campaign period.

unverified complaints of similar fake calls across the country.

Elections Canada confirms the Conservative party requested a list of all polling stations before the federal vote last May 2, and that as a result the elections watchdog provided the list to all parties.

In its statutory report following the 2011 campaign, released last August, Elections Canada highlighted the incident in a separate box.

"Because a polling site can be replaced by another at the last minute, and to ensure that electors always have access to the most accurate information regarding their location, Elections Canada indicated to political parties that the list supplied should only be used for internal purposes and that parties should not direct electors to polling sites," said the report.

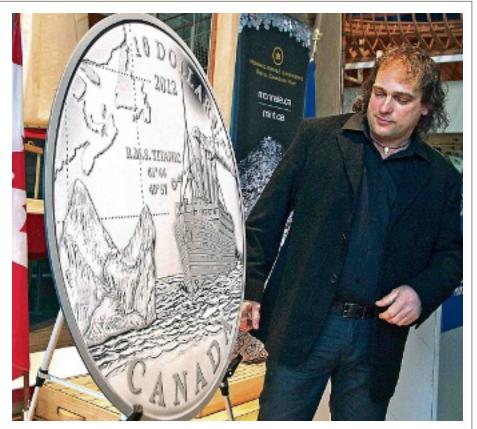
All parties were instructed to tell voters to check Elections Canada's website or their voter information card for poll locations "to prevent electors from being directed to incorrect polling sites."

"Some political parties did not comply with this request," said the report.

Elections Canada could not immediately say Monday which parties disregarded its advice.

But the Conservatives have acknowledged that they contacted party supporters about poll locations.

THE CANADIAN PRESS



Canadian Mint marks Titanic anniversary

Artist Yves Berube displays a Royal Canadian Mint commemorative silver coin that he designed to mark the 100th anniversary of the Titanic sinking in Halifax on Monday, March 5, 2012. The coin contains 99.99 per cent pure silver, has a \$10 face value and will sell for \$64.95. ANDREW VALIGHAM/THE CANADIAN PRESS

Jury hears horrible details of Tori Stafford's death



Eight-year-old Victoria Stafford's brutally beaten body, clad only in a Hannah Montana T-shirt, lay for 103 days in garbage bags under a pile of rocks far from home, a first-degree murder trial heard Monday.

There was a light covering of snow in the farmer's field where she was left on April 8, 2009, after being killed with several blows to the head with a hammer, a jury in London, Ont., was told in the Crown's opening statement. The snow was long gone by the time her badly decomposed remains, with a pair of butterfly earrings belonging to her mother, were found by a police officer on July 19.

The Crown's horrifying account of the Grade 3 student's last hours, after she was grabbed outside her school in Woodstock, Ont., was laid out Monday.

Tori was abducted by Michael Rafferty and his girlfriend, Terri-Lynne McClintic, and sexually assaulted and brutally beaten to death within the span of several hours, Crown attorney Kevin Gowdey told the jury. McClintic, 21, has already pleaded guilty to first-degree murder and is serving a life sentence.

Rafferty has pleaded not guilty to first-degree murder, sexual assault causing bodily harm and kidnapping.

THE CANADIAN PRESS

Father's response

- Outside court earlier
 Monday, her father Rodney Stafford said it's hard for him to be in the same room as the man accused of killing his daughter.
- He hopes Tori's name will be remembered more than the man in the prisoner's dock.

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> - Sandra S. of Toronto WIND CUSTOMER SINCE AUGUST 2010



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Syria. Canada closes embassy, recalls staff, increases sanctions

Canada has withdrawn its remaining diplomats from Syria and closed the embassy in Damascus.

Foreign Affairs Minister John Baird said the deteriorating security situation forced the pullout. "Canada has maintained

its diplomatic presence in Syria — despite the risks — to monitor develop-ments on the ground and to deliver tough and frank messages to the Syrian authorities," Baird said in a statement.

"These messages will continue to be delivered directly through the Syrian embassy here in Ottawa and through our other international forums."

Canada has been urging Canadians to leave Syria for months.

Any still remaining can still seek consular help through Beirut, Lebanon, or

Amman, Jordan. The closure came as Baird also announced more sanctions against Syria, including a freeze on the assets of the country's cen-

Canada now has imposed travel bans, sanctions and freezes on 115 Syrian individuals and

tral bank and seven senior ministers in the govern-

ment of Bashir Assad. Baird is calling for a wider international effort to pressure the Assad re-

gime.

"We must put concerted and intense international pressure on the regime to stop the violence and to allow a peaceful, Syrian-led transition," he said. "Those responsible for

the violence across Syria must be held accountable for their actions.

The minister said Assad

"Change will happen. Syrians will have their day and Canada stands with the Syrian people in their push for a better, brighter future.

THE CANADIAN PRESS



Protests in Moscow

Russian police officers detain demonstrators attempting to hold an unsanctioned protest in Moscow on Monday. Demonstrators contested the outcome of the Russian presidential election, pointing to a campaign heavily slanted in favour of Russian Prime Minister Vladimir Putin, and to reports of widespread violations in Sunday's ballot. IVAN SEKRETAREV/THE ASSOCIATED PRESS

Egypt

Nose job leads to resignation

A lawmaker resigned from parliament after he was caught lying to cover up a nose job, claiming the injuries to his face were from a carjacking and beating. THE ASSOCIATED PRESS

Train crash

Railway safe, **Poland insists**

A train collision that left 16 people dead in Poland has put the spotlight on the country's long-neglected railroad system.

As prosecutors on Monday announced plans to charge a traffic controller with unintentionally causing the spectacular crash that also injured more than 50 people, experts and officials in Poland insisted that trains remain the safest form of travel in spite of Saturday's tragedy. But some railway

employees accused the state-run rail system of cutting back on security precautions as it tries to cut costs.

THE ASSOCIATED PRESS

Egypt

Weapons coming from Libya

The number of weapons smuggled into Egypt across the Libyan border is on the increase, with thousands of weapons flooding into the country, Egyptian security officials said Monday.

They said residents of southern Egypt, where families often accumulate large arsenals to protect property and settle feuds, are the main buvers.

The officials said 576 weapons, including modern sniper rifles, were seized by police in the last three months near the Libyan

The number of weapons that reached buyers is believed to be five times the number seized.

THE ASSOCIATED PRESS

Not-guilty plea

Trial starts in horrific attack

A Floridian charged with hacking a Connecticut homeless man to death with an axe and eating some of his brain and an eyeball has pleaded not guilty to murder.

The Connecticut Post reports that Tyree Smith, a Florida resident who grew up in Connecticut, also waived his right to a probable-cause hearing in Bridgeport Superior Court.

The 35-year-old Smith is charged with mur-dering Angel Gonzalez in Bridgeport on Dec. 15. He was arrested in his Florida hometown in January.

Gonzalez's relatives say Smith deserves a sentence of life in prison.

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metronews.ca Tuesday, March 6, 2012 metr⊕ **BUSINESS**

App achievement

Apple app store hits 25 billion downloads

More than 25 billion apps have been downloaded from Apple's app store.

A news release from Apple on Monday said the downloads came from more than 315 million iPhones, iPads and iPods. The app store has more than 550,000 apps to date. Chunli Fu of Qingdao,

China, downloaded the 25 billionth app and won a \$10,000 iTunes gift card. THE ASSOCIATED PRESS

Market Moment



\$100.58 US (-0.57¢)

Stock soars

BP shares up after Gulf spill settlement

Shares in BP PLC have hit their highest level in over a year in the wake of the oil company's announcement that it had reached a settlement with victims of the Gulf of Mexico oil spill.

BP shares were up 1.6 per cent at 504.4 pence in midday trading in London Monday. The company's share price had earlier struck a high of 512 pence, its highest level since January 2011. THE ASSOCIATED PRESS

12,523.95 (-119.87)





Natural gas (per 1,000 cubic feet): \$2.36 US (-13¢) Dow Jones: 12,962.81 (-14.76)

EU eyes quotas for corporate boards

Gender equality. European Commission says low presence of women in decisionmaking positions hurts companies' results

The European Union is moving closer to introducing mandatory quotas for the number of women on company boards after businesses failed to make sufficient progress in gender equality over the past year.

The EU's Justice Commissioner, Viviane Reding, said Monday that at the current rate it would take more than 40 years for women to hold 40 per cent of board positions in Europe's publicly traded com-

The European Commission, the EU's executive arm, said that over the past 12 months only 24 companies had signed a pledge to ensure that 30 per cent of their board positions are held by women by 2015. By 2020, that figure should in-



uropean Commissioner Viviane Reding addresses the media in Brussels on Nonday. YVES LOGGHE/THE ASSOCIATED PRESS

crease to 40 per cent.

The European Commission, the EU's executive arm, said that over the past 12 months only 24 companies had signed a pledge to ensure that 30 per cent of their board positions are held by women by 2015. By 2020, that figure should increase to 40 per cent.

At the moment, only one in seven — or less than 14 per cent from 3.4 per cent in Ja cent of — board members at ary 2010. THE ASSOCIATED PRESS

Europe's biggest companies are women, the Commission said. That's up only slightly from just under 12 per cent in 2010 and despite the fact that 60 per cent of university graduates are now women.

The percentage of women chairing major European companies even fell slightly over the past two years, to 3.2 per cent from 3.4 per cent in Janu-

Real estate

Home sales expected to outpace 2011

The number of Canadian homes sold this year will outpace 2011 while prices will hold steady in most parts of the country, the country's largest real estate association said Monday in a rosy revision to its 2012 outlook. The Canadian Real Estate

Association said the number of home sales will grow by 0.3 per cent this year to 458,800 from 457,305 units in 2011, largely due to the continuation of low borrow-

The national average price is forecast to dip by 1.1 per cent in 2012 to \$359,100 but that's due to a drop-off in multi-million dollar sales activity in Vancouver — Canada's most expensive real estate market.

Prices are expected to remain around current levels in most parts of the country, CREA said.

CREA expects Alberta, Saskatchewan, and Nova Scotia will drive the sales growth this year, offsetting weakness in other provinces. THE ASSOCIATED PRESS

Police too cozy with press, UK media inquiry hears



Too much gossip between senior police officials and the press has led to breaches in confidentiality, the former head of London's Metropolitan Police said Monday.

Paul Stephenson, who resigned last year over his force's failure to get to grips with the phone hacking scandal at Rupert Murdoch's News Inter-national, told Britain's media ethics inquiry that relations between a small number of police managers and the media were closer than necessary. Stephenson didn't go into

detail, but his comments are the latest to underline the often close relations between Britain's national press and its

biggest police force. Senior Scotland Yard official Sue Akers testified last week that journalists paid tens of thousands of pounds' worth of bribes to serving police officers, and Stephenson's former deputy, John Yates, was thrown onto the defensive Thursday after it was revealed that he'd shared Champagne with one of the many journalists who are now suspects in the scandal.

Elizabeth Filkin, a civil servant commissioned by Scotland Yard to review its relationship with the press, testified that she'd been told police had given journalists exclusives in order to avoid embarrassing stories about their personal lives, and that the perception in the lower ranks was that senior officers were loading up on freebies — including a 'very large" number of sports tickets.

Asked which media organ-Asked which fields organizations were the most generous, she said: "There was certainly a lot of hospitality given by News International newspapers" — Murdoch's company.

The scandal over the systematic interception of voice-mails has rocked Britain's establishment, leading to the arrest or resignation of dozens of reporters, public officials, and News International executives. THE ASSOCIATED PRESS

Political interference?

- Stephenson touched on the issue of links between the press and authorities when he revealed that London's deputy mayor, Kit Malthouse, had privately urged him to scale back the investigation into wrongdoing at Murdoch's News of the World.
- Opposition lawmaker Chris Bryant, an outspoken phone hacking victim, said the intervention amounted to "political manipulation" and called on Malthouse to step



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Tuesday, March 6, 2012

BUSINESS

OS

Things looking (slightly) better, say economists

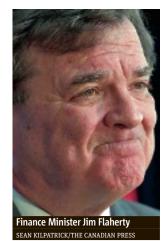
Encouraging. Positive forecast means Flaherty will have a little more flexibility in upcoming budget

Finance Minister Jim Flaherty is getting some mildly encouraging news from economists as he prepares for the March 29 release of the federal budget.

Economists meeting with the minister say Ottawa will likely have a little more cash to play with than was expected last fall.

And they have told Flaherty that while risks persist, they are not as severe as they were when the group met last fall — when Flaherty increased the contingency fund for downward surprises.

The economists did not give



Flaherty an exact expectation for growth in 2012, but said it will likely be a little better than expected.

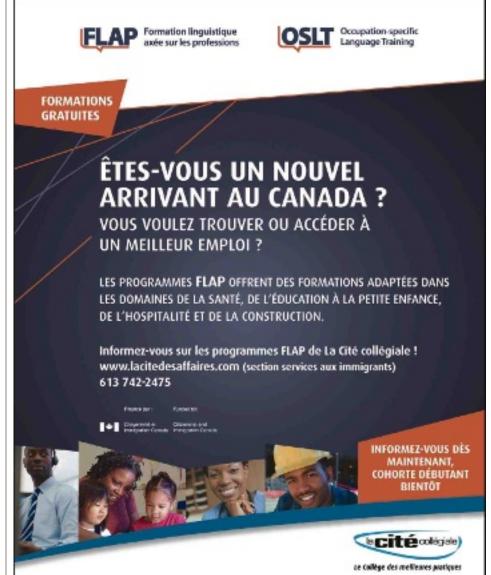
Flaherty says he will get a consensus estimate on growth

next week after the economists have had time to plug in the data from last Friday's GDP report, which the minister described as encouraging.

The economists warned that risks persist, however, and some highlight Canada's housing market as an ongoing concern

TD Bank economist Derek Burleton says he would like the government to reduce the maximum amortization period on mortgages from 30 to 25 years in order to dampen demand, particularly the condo markets in Toronto and Vancouver.

Flaherty says his restraint package that will be outlined in the upcoming budget will not be "draconian," but he said some provinces, particularly Ontario, have serious budgeting problems and will need to deal with their overspending ways. THE CANADIAN PRESS



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